Zhihong Qian

ESL220-2/Leah Keys Stahl

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Procrastination – many people are suffering from it in their lives. I am a habitual procrastinator. I often delayed on decision making, often put off my homework, and sometimes even failed my course. Besides, procrastination also has many bad side effects on me; it causes me physical illness as well as mental illness. I often get headache because I put off my work until 2:00 am and sleep too late. I also become very lazy doing my work and put off my work later and later. Procrastination not only adds stress on me, but also on my peers in group working. My peers often wait for my work because I was the last one to finish my work. Taking these bad effects into consideration, I make up my mind to overcome it in many ways.